



Fruits

- 2 Apple
- 20 Banana
- 4 Clementines
- 1 tbsp Dried Cherries
- 1 Navel Orange

Breakfast

- 1 1/4 cups Almond Butter
- 1 1/3 cups Maple Syrup

Seeds, Nuts & Spices

- 2 1/3 cups Chia Seeds
- 1/4 cup Cinnamon
- 1 tbsp Pumpkin Seeds
- 1/4 cup Walnuts

Frozen

- 1/2 cup Frozen Banana
- 1 1/2 cups Frozen Berries
- 1 cup Frozen Cranberries
- 1 cup Frozen Peaches

Vegetables

- 1/2 cup Carrot
- 1 Carrot
- 1/2 Zucchini

Boxed & Canned

- 1 tbsp Biscoff Cookie Butter

Baking

- 2 tsps Baking Soda
- 1/4 cup Cocoa Powder
- 28 grams Dark Chocolate
- 1 tbsp Dark Chocolate Chips
- 28 grams Graham Crackers
- 20 1/2 cups Oats
- 1 tsp Pumpkin Pie Spice
- 1 cup Pureed Pumpkin
- 1/4 cup Raisins
- 1 cup Unsweetened Applesauce
- 1/3 cup Vanilla Extract
- 1/4 cup White Chocolate Chips

Cold

- 14 1/2 cups Soy Milk
- 3 2/3 cups Soy Yogurt
- 6 cups Unsweetened Almond Milk

Other

- 1/4 cup Chocolate Protein Powder
- 6 cups Protein Powder
- 3 1/8 cups Vanilla Protein Powder



Apple Cheesecake Overnight Oats

1 serving

4 hours 10 minutes

Ingredients

1/2 cup Oats
 2 tbsps Vanilla Protein Powder
 1 tbsp Chia Seeds
 1/2 cup Soy Milk
 1 tsp Maple Syrup
 1/2 tsp Vanilla Extract
 2 tbsps White Chocolate Chips
 1/3 cup Soy Yogurt
 1 Apple (diced)
 1 tsp Cinnamon

Directions

- 1 Add oats, chia seeds, vanilla protein powder, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Spray a pan with avocado oil and add diced apple to the pan, over medium heat. Add cinnamon. Sautee until the apples are slightly browned, 5-7 minutes.
- 3 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 4 Remove oats from refrigerator and pour the yogurt mix overtop. Put back in fridge for 4 hours minimum, or overnight to set.
- 5 In the morning top with graham crumbs and nuts (optional). Grab and go!

Nutrition

Amount per serving	
Calories	620
Fat	19g
Carbs	94g
Fiber	14g
Sugar	46g
Protein	23g
Cholesterol	2mg
Sodium	83mg
Vitamin A	106IU
Vitamin C	8mg
Calcium	349mg
Iron	4mg



Pumpkin Biscoff Overnight Oats

1 serving

4 hours 10 minutes

Ingredients

1/2 cup Oats
 2 tbsps Vanilla Protein Powder
 1 tbsp Chia Seeds
 1/2 tsp Pumpkin Pie Spice
 3 tbsps Pureed Pumpkin
 1/2 cup Soy Milk
 1 tsp Maple Syrup
 1/2 tsp Vanilla Extract
 1 tbsp Biscoff Cookie Butter
 1 tbsp Pumpkin Seeds

Directions

- 1 Add oats, chia seeds, pumpkin pie spice, vanilla protein powder, pumpkin puree, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Top with melted cooked dough butter and pumpkin seeds. Enjoy!

Nutrition

Amount per serving	
Calories	482
Fat	20g
Carbs	54g
Fiber	12g
Sugar	13g
Protein	26g
Cholesterol	2mg
Sodium	152mg
Vitamin A	7153IU
Vitamin C	2mg
Calcium	333mg
Iron	5mg



Pumpkin Cheesecake Overnight Oats

1 serving

4 hours 10 minutes

Ingredients

1/2 cup Oats
 2 tbsps Vanilla Protein Powder
 1 tbsp Chia Seeds
 1/2 tsp Pumpkin Pie Spice
 3 tbsps Pureed Pumpkin
 1/2 cup Soy Milk
 1 tsp Maple Syrup
 1/2 tsp Vanilla Extract
 2 tbsps White Chocolate Chips
 1/3 cup Soy Yogurt

Directions

- 1 Add oats, chia seeds, pumpkin pie spice, vanilla protein powder, pumpkin puree, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 3 Remove oats from refrigerator and pour the yogurt mix overtop. Put back in fridge for 4 hours minimum, or overnight to set.
- 4 In the morning top with graham crumbs and nuts (optional). Grab and go!

Nutrition

Amount per serving	
Calories	537
Fat	19g
Carbs	72g
Fiber	10g
Sugar	29g
Protein	23g
Cholesterol	2mg
Sodium	84mg
Vitamin A	7151IU
Vitamin C	2mg
Calcium	329mg
Iron	4mg



Cinnamon Roll Overnight Oats

2 servings

5 minutes

Ingredients

1 cup Oats
 1 cup Soy Milk
 2 tbsps Chia Seeds
 1 tbsp Maple Syrup
 1 tsp Vanilla Extract
 1 tsp Cinnamon
 1 cup Soy Yogurt
 1/4 cup Vanilla Protein Powder

Directions

- 1 Stir together oats, milk, maple syrup, vanilla and cinnamon in a large bowl. Divide among two 8-ounce jars. Layer yogurt in. Screw on lids and refrigerate overnight or for up to five days.

Nutrition

Amount per serving	
Calories	386
Fat	10g
Carbs	52g
Fiber	9g
Sugar	11g
Protein	24g
Cholesterol	2mg
Sodium	82mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	328mg
Iron	3mg



Carrot Cake Baked Oats

8 servings

30 minutes

Ingredients

4 Banana
 3 cups Soy Milk
 2 tsps Vanilla Extract
 4 cups Oats
 1 1/2 cups Protein Powder
 2 tsps Cinnamon
 2 tbsps Chia Seeds
 1 Carrot (grated)
 1/4 cup Raisins

Directions

- 1 Preheat oven to 350 F.
- 2 Mash one banana in a large bowl then add in the rest of the wet ingredients and mix well. Add in your dry ingredients and mix again until combined.
- 3 Transfer into greased ramekins.
- 4 Mix in the shredded carrot and top with the raisins.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!

Nutrition

Amount per serving	
Calories	347
Fat	5g
Carbs	53g
Fiber	8g
Sugar	15g
Protein	23g
Cholesterol	3mg
Sodium	82mg
Vitamin A	1314IU
Vitamin C	6mg
Calcium	253mg
Iron	3mg



Chocolate Orange Protein Baked Oats

8 servings

30 minutes

Ingredients

4 Banana
 3 cups Soy Milk
 2 tsps Vanilla Extract
 4 cups Oats
 1 1/2 cups Protein Powder
 2 tsps Cinnamon
 2 tbsps Chia Seeds
 4 Clementines (peeled)
 28 grams Dark Chocolate (melted)

Directions

- 1 Preheat oven to 350 F.
- 2 Mash one banana in a large bowl then add in the rest of the wet ingredients and mix well. Add in your dry ingredients and mix again until combined.
- 3 Transfer into greased ramekins.
- 4 Top with the clementines and melted chocolate.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!

Nutrition

Amount per serving	
Calories	367
Fat	7g
Carbs	55g
Fiber	9g
Sugar	15g
Protein	24g
Cholesterol	3mg
Sodium	76mg
Vitamin A	41IU
Vitamin C	23mg
Calcium	261mg
Iron	3mg



Cranberry Crumble Protein Baked Oats

8 servings

30 minutes

Ingredients

4 Banana
 3 cups Soy Milk
 2 tsps Vanilla Extract
 4 cups Oats
 1 1/2 cups Protein Powder
 2 tsps Cinnamon
 2 tbsps Chia Seeds
 1 cup Frozen Cranberries
 28 grams Graham Crackers (crumbs)

Directions

- 1 Preheat oven to 350 F.
- 2 Mash one banana in a large bowl then add in the rest of the wet ingredients and mix well. Add in your dry ingredients and mix again until combined.
- 3 Transfer into greased ramekins.
- 4 Top with with thawed frozen cranberries and graham cracker crumbs.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!

Nutrition

Amount per serving	
Calories	348
Fat	6g
Carbs	53g
Fiber	8g
Sugar	12g
Protein	23g
Cholesterol	3mg
Sodium	98mg
Vitamin A	48IU
Vitamin C	7mg
Calcium	264mg
Iron	3mg



Peaches and Cream Protein Baked Oats

8 servings

30 minutes

Ingredients

4 Banana
 3 cups Soy Milk
 2 tsps Vanilla Extract
 4 cups Oats
 1 1/2 cups Protein Powder
 2 tsps Cinnamon
 2 tbsps Chia Seeds
 1 cup Frozen Peaches
 1/2 cup Soy Yogurt

Directions

- 1 Preheat oven to 350 F.
- 2 Mash one banana in a large bowl then add in the rest of the wet ingredients and mix well. Add in your dry ingredients and mix again until combined.
- 3 Transfer into greased ramekins.
- 4 Top with the peaches.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!

Nutrition

Amount per serving	
Calories	341
Fat	6g
Carbs	51g
Fiber	8g
Sugar	13g
Protein	24g
Cholesterol	3mg
Sodium	75mg
Vitamin A	102IU
Vitamin C	6mg
Calcium	249mg
Iron	3mg



Protein Breakfast Cookies - Carrot Cake

12 servings

25 minutes

Ingredients

1/2 cup Vanilla Protein Powder
 1/2 cup Oats
 1/2 tsp Baking Soda (optional)
 1/4 cup Maple Syrup
 1/2 tsp Cinnamon
 1 Banana (mashed)
 1/4 cup Unsweetened Applesauce
 1/4 cup Almond Butter
 1 tsp Vanilla Extract
 1/2 cup Carrot (shredded)
 1/2 cup Soy Yogurt

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Whisk together dry ingredients in a medium mixing bowl.
- 3 Mash banana in a separate bowl, then add to dry ingredients along with almond butter, applesauce, and vanilla.
- 4 Mix well until no dry clumps remain. Fold in the shredded carrots.
- 5 Spoon dough onto a baking sheet lined with parchment paper to make twelve cookies. Bake in preheated oven for 14-16 minutes or until golden brown on the edges. Spread the yogurt on top. Enjoy!

Nutrition

Amount per serving	
Calories	92
Fat	3g
Carbs	11g
Fiber	1g
Sugar	6g
Protein	5g
Cholesterol	1mg
Sodium	60mg
Vitamin A	8IU
Vitamin C	1mg
Calcium	47mg
Iron	0mg



Protein Breakfast Cookies - Apple Almond

12 servings

25 minutes

Ingredients

1/2 cup Vanilla Protein Powder
 1/2 cup Oats
 1/2 tsp Baking Soda (optional)
 1/4 cup Maple Syrup
 1/2 tsp Cinnamon
 1 Banana (mashed)
 1/4 cup Unsweetened Applesauce
 1/4 cup Almond Butter
 1 tsp Vanilla Extract
 1 Apple (cubed)
 1/4 cup Almond Butter

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Whisk together dry ingredients in a medium mixing bowl.
- 3 Mash banana in a separate bowl, then add to dry ingredients along with almond butter, applesauce, and vanilla.
- 4 Mix well until no dry clumps remain. Fold in the chopped apple.
- 5 Spoon dough onto a baking sheet lined with parchment paper to make twelve cookies. Drizzle on the almond butter. Bake in preheated oven for 14-16 minutes or until golden brown on the edges. Spread the yogurt on top. Enjoy!

Nutrition

Amount per serving	
Calories	96
Fat	3g
Carbs	13g
Fiber	2g
Sugar	8g
Protein	5g
Cholesterol	1mg
Sodium	60mg
Vitamin A	16IU
Vitamin C	2mg
Calcium	48mg
Iron	0mg



Protein Breakfast Cookies - Zucchini Bread

12 servings

25 minutes

Ingredients

1/2 cup Vanilla Protein Powder
 1/2 cup Oats
 1/2 tsp Baking Soda (optional)
 1/4 cup Maple Syrup
 1/2 tsp Cinnamon
 1 Banana (mashed)
 1/4 cup Unsweetened Applesauce
 1/4 cup Almond Butter
 1 tsp Vanilla Extract
 1/2 Zucchini (shredded)
 1/4 cup Walnuts

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Whisk together dry ingredients in a medium mixing bowl.
- 3 Mash banana in a separate bowl, then add to dry ingredients along with almond butter, applesauce, and vanilla.
- 4 Mix well until no dry clumps remain. Fold in the shredded zucchini and walnuts.
- 5 Spoon dough onto a baking sheet lined with parchment paper to make twelve cookies. Bake in preheated oven for 14-16 minutes or until golden brown on the edges. Spread the yogurt on top. Enjoy!

Nutrition

Amount per serving	
Calories	106
Fat	5g
Carbs	11g
Fiber	2g
Sugar	6g
Protein	5g
Cholesterol	1mg
Sodium	61mg
Vitamin A	24IU
Vitamin C	2mg
Calcium	51mg
Iron	1mg



Protein Breakfast Cookies - Mixed Berries

12 servings

25 minutes

Ingredients

1/2 cup Vanilla Protein Powder
 1/2 cup Oats
 1/2 tsp Baking Soda (optional)
 1/4 cup Maple Syrup
 1/2 tsp Cinnamon
 1 Banana (mashed)
 1/4 cup Unsweetened Applesauce
 1/4 cup Almond Butter
 1 tsp Vanilla Extract
 1/2 cup Frozen Berries (shredded)

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Whisk together dry ingredients in a medium mixing bowl.
- 3 Mash banana in a separate bowl, then add to dry ingredients along with almond butter, applesauce, and vanilla.
- 4 Mix well until no dry clumps remain. Fold in the melted frozen berries.
- 5 Spoon dough onto a baking sheet lined with parchment paper to make twelve cookies. Bake in preheated oven for 14-16 minutes or until golden brown on the edges. Spread the yogurt on top. Enjoy!

Nutrition

Amount per serving

Calories	92
Fat	3g
Carbs	12g
Fiber	2g
Sugar	7g
Protein	5g
Cholesterol	1mg
Sodium	60mg
Vitamin A	81IU
Vitamin C	3mg
Calcium	48mg
Iron	0mg



Chocolate Orange Pudding

1 serving

5 minutes

Ingredients

1/4 cup Chia Seeds
 1 cup Unsweetened Almond Milk
 1/4 tsp Cinnamon
 1 1/2 tsps Maple Syrup
 2 tbsps Chocolate Protein Powder
 2 tbsps Cocoa Powder
 1/4 cup Soy Yogurt
 1 Navel Orange

Directions

- 1 In a high speed blender, blend HALF of the following: chia seeds, milk, cinnamon, maple syrup, cocoa powder and protein powder. Divide into two containers. Place in the fridge for two hours or overnight.
- 2 Blend the other half of the above ingredients, in another batch with the orange but leave out the cocoa powder. Place in fridge for two hours or overnight.
- 3 Layer the chocolate chia pudding, followed by the yogurt and finish with the orange layer. Top with additional orange slices.

Nutrition

Amount per serving	
Calories	441
Fat	20g
Carbs	55g
Fiber	25g
Sugar	18g
Protein	24g
Cholesterol	2mg
Sodium	191mg
Vitamin A	847IU
Vitamin C	83mg
Calcium	906mg
Iron	6mg



Chocolate Cherry Chia Pudding

1 serving

5 minutes

Ingredients

1/4 cup Chia Seeds
 1 cup Unsweetened Almond Milk
 1/4 tsp Cinnamon
 1 1/2 tsps Maple Syrup
 2 tbsps Chocolate Protein Powder
 2 tbsps Cocoa Powder
 1 tbsp Dark Chocolate Chips
 1/4 cup Soy Yogurt
 1 tbsp Dried Cherries

Directions

- 1 In a high speed blender, blend together the chia seeds, milk, cinnamon, maple syrup, cocoa powder and protein powder. Divide into two containers. Place in the fridge for two hours or overnight.
- 2 Top with the yogurt, chocolate chips and dried cherries. Enjoy!

Nutrition

Amount per serving	
Calories	469
Fat	25g
Carbs	47g
Fiber	22g
Sugar	14g
Protein	23g
Cholesterol	2mg
Sodium	190mg
Vitamin A	508IU
Vitamin C	1mg
Calcium	847mg
Iron	6mg



Mixed Berry Chia Pudding

2 servings

5 minutes

Ingredients

1/2 cup Chia Seeds
 2 cups Unsweetened Almond Milk
 1/2 tsp Cinnamon
 1 tbsp Maple Syrup
 1/4 cup Vanilla Protein Powder
 1 cup Frozen Berries

Directions

- 1 In a high speed blender, blend together the chia seeds, milk, cinnamon, maple syrup, berries and protein powder. Divide into two containers. Place in the fridge for two hours or overnight.
- 2 Top with extra berries in the morning and enjoy!

Nutrition

Amount per serving	
Calories	366
Fat	17g
Carbs	39g
Fiber	20g
Sugar	13g
Protein	19g
Cholesterol	2mg
Sodium	188mg
Vitamin A	501IU
Vitamin C	20mg
Calcium	845mg
Iron	5mg



Pumpkin Banana Chia Pudding

2 servings

5 minutes

Ingredients

1/2 cup Chia Seeds
 2 cups Unsweetened Almond Milk
 1/2 tsp Cinnamon
 1 tbsp Maple Syrup
 1/4 cup Vanilla Protein Powder
 1/2 cup Pureed Pumpkin
 1/2 cup Frozen Banana
 1/2 cup Soy Yogurt

Directions

- 1 In a high speed blender, blend together the chia seeds, milk, cinnamon, maple syrup, pumpkin puree, banana and protein powder. Divide into two containers.
 Place in the fridge for two hours or overnight.
- 2 Top with the yogurt and extra cinnamon when ready to eat. Enjoy!

Nutrition

Amount per serving	
Calories	419
Fat	19g
Carbs	49g
Fiber	21g
Sugar	15g
Protein	22g
Cholesterol	2mg
Sodium	191mg
Vitamin A	10069IU
Vitamin C	7mg
Calcium	850mg
Iron	5mg